

## CSF-PREP Capabilities

CSF-PREP provides a breadth of services to meet the needs of Soldiers, their Units, their Families and the military community.

- Performance Enhancement Training
- Resilience Training in support of Comprehensive Soldier Fitness
- Team Building
- Learning Enhancement Education and Training

## CSF-PREP Audiences

### Soldiers and DA Civilians

Furthering individual and Unit performance and cohesion as well as cultivating the Warrior Ethos.

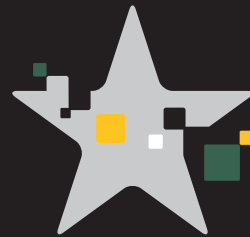
CSF-PREP also assists Soldiers in developing the mental and emotional skills that promote successful transition from injury back to duty or civilian life.

### Families

Inspiring personal and Family growth while strengthening the Family team.

### Army Education and Training

Using customized evidence-based study skills instruction designed to maximize the performance potential and increase the likelihood of academic success for learners in military training and civilian education settings. By combining appropriate study strategies and mental skills, Soldiers and Family Members can optimize classroom performance.



Mental Strength for Life  
[csfprep.army.mil](https://csfprep.army.mil)



U.S. ARMY

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## Performance and Resilience Enhancement Program



# Mental Strength for Life

## CSF-PREP

The Army's Comprehensive Soldier Fitness-Performance and Resilience Enhancement Program (CSF-PREP) educates and trains Soldiers, Families and DA Civilians to strengthen their minds and perform at their best when it matters most: in combat, healing after an injury or managing work and home life.

In 2010, CSF-PREP joined Comprehensive Soldier Fitness (CSF) to help institute their mission of enhancing performance and building resilience.

## Mission

To develop the full potential of Warriors and Families, using a systematic process to enhance the mental skills essential to the pursuit of personal strength, professional excellence and the Warrior Ethos.

## Importance

Our leadership has recognized a gap in mental skills education and training that increase performance and resilience as a decisive element and the key to success on and off the modern battlefield.

CSF-PREP provides a systematic way to build mental and emotional strength based on the solid foundation of sport and performance psychology.

By employing the nation's top performance psychologists, using their experiences and placing them at Army installations, CSF-PREP tailors training and education to be specific and relevant to all Soldiers, Families and Civilians.

## CSF-PREP Performance Enhancement Model

Utilizing the Performance Enhancement Model, CSF-PREP trainers teach Soldiers how to develop the mental skills intrinsic to the Warrior Ethos.

### Building Confidence

Skill: Thinking in deliberate and effective ways to thrive in the face of adversity.

Result: The strength to trust yourself in times of adversity.

### Attention Control

Skill: Bringing heightened sensory awareness to what's most relevant and keeping it there to concentrate amidst distractions.

Result: The strength to maintain concentration in every situation

### Energy Management

Skill: Effectively activating and restoring energy to thrive under pressure.

Result: The strength to maintain composure in stressful situations.

### Goal Setting

Skill: Defining a dream that's personally meaningful and developing the concrete steps to create a path to success.

Result: The strength to plan, advance and persevere through challenges.

### Integrating Imagery

Skill: Mentally rehearsing successful performances to program the mind and body to perform automatically and without hesitation.

Result: The strength to envision success and expect the best.

### Mental Strength for Life

By completing the CSF-PREP training, Soldiers gain the skills to achieve the mental strength necessary to succeed throughout their entire lives.

